

## YOUR PASSPORT TO HEALTH NEWSLETTER

October—December 2001

Keeping  
Clients  
Informed

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Montana Health Choices is operated by MAXIMUS under the direction of the Montana **Department of Public Health and Human Services**.

## Back to School Tips

Help your children get the  
most out of school!

### Serve healthy breakfasts

Children who eat breakfast every day do better in school. They think faster, solve problems more easily, and sit still for a longer time. Children are more likely to eat breakfast if someone (brother, sister, or parent) eats with them!

### Fun and exercise

Children have a lot of energy. Play and sports will help your child stay healthy. Many schools have exercise or sports programs—find out what is available for your child.

### A good nights sleep

To do their best in school children need to have regular bedtimes. Most children need at least 9 hours of sleep a night.

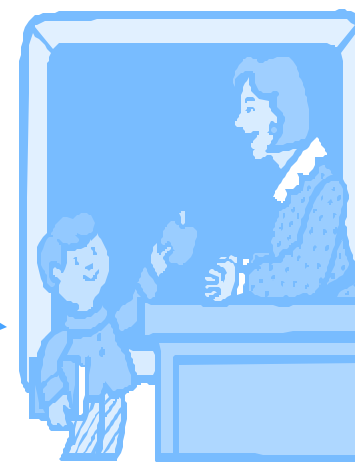
### Safety

Make sure your children are safe getting to school every day. Children who ride bikes should wear helmets. Children in cars should always wear seatbelts. Children who walk should look for traffic.

### And Remember...

#### Regular check ups

Check ups are regular health checks for children and teens to keep them healthy. Children should have check ups even if they are not sick. Children should have regular check ups from birth until they are twenty years old. Call your PASSPORT provider to start regular check ups for your children today.





## Fruit Juice and Your Children

### How much juice is good?

Too much juice can make children feel too full to eat healthy foods. Children can gain weight or get tooth decay from the sugars in many juices.

The American Academy of Pediatrics (AAP) suggests the following amounts for children:

- No juice for babies under 6 months.
- 1 cup of juice a day for children from 6 months to 6 years.
- 2 cups of juice a day for children ages 7 years and older.

### What should children drink?

Have your children drink water or milk instead of juice. However, a small number of children are allergic to milk. Check with your provider.



HALLOWEEN IS ALMOST HERE

Please make sure your children are safe and watch out for the safety of all Trick-or-treaters!

## Walking for Your Health

How fast should you walk to improve your fitness? All movement is good. However, you should walk a certain pace to improve your health: you must walk fast enough so that you are breathing harder, but not so fast that you cannot carry on a conversation.

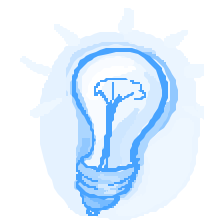
## Stress Relief Tips

Stress can make you tired, sad, angry, tense, or even sick. People feel stress over things that happen every day—things like money worries, problems at work or at home, or family problems.

1. **Remember that stress is normal.** Most people feel some stress at some point every day.
2. **Breathe deeply.** Take a few minutes every day to breath in through your nose and out through your mouth.
3. **Move around.** Your body needs to move when it feels stress. Take a walk when you can.
4. **Use your imagination.** If you need to, take a couple minutes and close your eyes and think about a place that is peaceful for you.
5. **Let go.** You can not do everything. Learn to let go of things that you could ask someone else to do.

## Did You Know...

... if you have problems with a bill from your provider the best person to help is your provider. Call your provider and ask for help.



...Montana Medicaid will cover you out of state if:

- the out of state provider takes Montana Medicaid, and
- your PASSPORT provider has given you a referral.

Prior authorization by Medicaid may be required in some cases. Work with your PASSPORT Provider to get authorization and referral.



## Have Questions?

- Want to change your PASSPORT Provider?
- Do you have questions about a co-payment?
- Do you have general questions on Montana Medicaid?
- Other questions?

Call Montana Health Choices

We're here to help you!

## Important Phone Numbers

### Montana Health Choices

General Medicaid Information  
PASSPORT Managed Care

1-800-362-8312

### Mental Health

(General Information)

1-888-866-0328

### Social Security

1-800-772-1213

### Children's Health Insurance Plan

1-877-543-7669

### Child Support

1-800-292-5437

PASSPORT To Health  
Medicaid Managed Care

P.O. Box 254  
Helena, MT 59624-0254